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AWAKENING TO THE WONDER AND ONENESS WITHIN

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The following is taken from my journal. It describes the expansion of consciousness I experienced while attending *Exploration 27* the past summer at TMI's Virginia campus.

07-21-2015: Awakening to the Wonder and Oneness Within

4:44 a.m.: I am awakened with these thoughts that ache to be recorded. I gather my notebook and pen as the following spills forth from within.

How do I explain the expansion of consciousness that I am experiencing this week? It is becoming closer to Source, your Higher Self, Angels, God—whatever words are comfortable with you to explain those sacred connections that your heart recognizes. Along with this comes a sense of freedom, transformation, as well as clarity on many issues and mysteries of life.

Trying to put into words that which is indescribable, I am shown a few examples:

1: There is lightness and an expansion of energy which results in a freedom that is not known in most of our waking states. I am shown a beautiful, ripe peach. Our waking state awareness is much like the pit contained deep within the peach. This week, I find my center of awareness shifting from the pit to the outer skin of the peach. I now exist in the space between the individual, minuscule hairs of the peach fuzz. This almost microscopic space surrounds me, freeing my existence from the self-imposed confines it once knew.

2: There is analogy of the challenges with cellphone reception. You wander about asking, "Can you hear me now?" Your call has been dropped. In an almost desperate attempt to regain what was lost, you pace back and forth, feeling the loss of that connection with each and every step. Suddenly, you stop mid-step when you hear the voice from the phone. There is a sigh of relief as you have now reached your calling. There is a sense of clarity, for now you are now in perfect alignment with Source. You've made the connection. You have achieved oneness with the other caller.

3. You are traveling in the cold, the dark. You feel dense and heavy, trudging along. You do not know anything else, for this is the way it is—the way it has always been. Then, out of nowhere, you sense a change. It is nothing tangible, but you, for some unknown reason, are drawn to travel a different path. As you embark upon this path, your step quickens until you find yourself running toward some great unknown that just feels right to you. You embrace this feeling.

It's like you have been a large chunk of iron ore, finding itself mysteriously moving toward a blacksmith's forge. You are carried by hidden tongs toward this warm, unknown source of strength and power. These hidden tongs have guided you away from your home, leading you on an unknown adventure. As you are thrust into the open flames of the blacksmith's forge, your hard, cold, dense body (what you have always identified as "you") begins to change. You are no longer your cold, rigid, former self. You are malleable, flexible. The flames have allowed your molecular structure to change—your essence is changing and, almost surprisingly, you are allowing this change.

These changes are occurring by this unknown, yet familiar force that has awakened you from your deep slumber and has drawn you to it. It feels so right. The end result is that your true essence shows itself. You have become transformed from a cold, dense, piece of heavy metal to a gorgeous sculpture—a piece of art. Your essence is now able to shine forth. There has been an energetic change in your basic structure— in your DNA. You ARE art.

Your presence, your essence, evokes a sense of love and appreciation from those surrounding you. You inspire awe from those who see you. You, yourself, are in awe of your present state of grace. You give heartfelt gratitude to those invisible, yet familiar forces that guided you upon this most sacred and divine path of transformation.

In this state of expanded awareness, you begin experiencing life on a quantum level where, as Einstein reported, "spooky action" takes place. Through experiencing these most sacred states of awareness and closeness to Source, there is finally the recognition of oneness with all—an entanglement where we realize changes in one will affect changes in all—for we truly are just one. We are plugged in. We have arrived Home as we allow our true nature to shine forth. We honor and open to this new awareness and allow our hearts to carry us forth upon this most holy path, back to the Oneness of all. We have come Home.